

Zero Point Weight Watchers Taco Soup

Yield: 4 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/weight-watchers-zero-point-mexican-soup-recipe>

Ingredients:

- 1/3 pound boneless skinless chicken breast
- 1/3 onion diced
- 2/3 garlic cloves minced
- 4 3/4 ounces canned pinto beans drained
- 4 3/4 ounces canned black beans drained
- 4 3/4 ounces canned corn drained
- 4 3/4 ounces diced tomatoes with green chilies canned, not drained
- 2/3 cup fat free chicken broth
- 1/3 ounce taco seasoning
- 3 cups vegetable broth optional
- 1/4 inch thai ginger optional
- 2 tablespoons tomato paste optional
- 1 cup cabbage optional
- 1/2 onion optional
- 1/2 cup celery optional
- 1 cup carrot optional
- 1/2 cup green beans optional
- 1/2 cup zucchini optional
- 1 teaspoon basil optional
- 1 teaspoon oregano optional
- 1 teaspoon parsley optional
- 1/2 teaspoon red chilli optional

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 25 milligrams

4. Fat: 2 grams
 5. Fiber: 7 grams
 6. Protein: 15 grams
 7. Sodium: 1310 milligrams
 8. Sugar: 9 grams
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